

# Senior

## Nutrition

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### In This Issue:

Valley View  
Thanks Volunteers

16th Annual Charity  
Golf Tournament

Volunteer Spotlight

Medicare Prescription  
Drug Benefits

A Profile of  
Older Americans

Recipient Spotlight

Board of Directors

2005 Golf Tournament  
Hole Sponsors

Monetary Donations

# Central District Health Department

## The Meal Times

### Valley View Thanks Volunteers

On August 19<sup>th</sup> the Valley View Retirement Community resembled the beaches of Waikiki more than it did Boise. Valley View hosted an Open House and Luau for Meals on Wheels volunteers. Valley View employees deliver meals every Friday and thought this would be a great way of saying thanks to all the wonderful people who make the nutrition program for homebound seniors such a success.

The tropical atmosphere was complete with Hawaiian delicacies, pina coladas and strawberry daiquiris. Residents and staff of Valley View dressed in bright floral shirts and traditional Hawaiian leis.



Quinten & Kathy Homer

Betty Williams



Paul & Mabel Omas

### The 16<sup>th</sup> Annual Meals On Wheels Charity Golf Tournament

Perfect blue skies greeted the golfers attending the 16<sup>th</sup> Annual Meals on Wheels Charity Golf Tournament Saturday August 13<sup>th</sup> at Eagle Hills Golf course. The event was made possible through the support of the fine area businesses listed on back.



The tournament had a number of new features this year, including a pre-tournament clinic by local golf legend Joe Malay and a cameo appearance by somebody who looked a lot like Tiger Woods. Sports legends Bill Buckner and Cleveland Corder also added to the excitement of the day.

Our thanks go out to the golfers and sponsors for making this year's event a success.

Joe Malay & Tiger Woods???



## SENIOR NUTRITION PROGRAM

**Meals-On-Wheels**  
707 N Armstrong Pl  
Boise ID 83704 • 327-7460

**Angela Spain**  
Program Manager  
327-8544

**Cheryl Johnson**  
Comm. Meals Services Supervisor  
327-8552

**Pamela Sparks**  
Administrative Assistant  
327-7460

### DINING SITE LOCATIONS:

*(Meals served at noon)*

Star Senior Center  
Wed & Fri  
102 S. Main Street  
Star, ID 83669  
286-7943

Garden City Senior Center  
Wed & Fri  
3858 Reed  
Garden City, ID 83714  
336-8122

Mt. Home Senior Center  
Mon, Wed, Fri  
1000 N. 3rd, East  
Mt. Home, ID 83647  
587-4562

Glenns Ferry Senior Center  
Mon, Tue, Thu  
510 E. Cleveland  
Glenns Ferry, ID 83623  
366-2051

Boise Senior Center  
Mon thru Fri  
690 Robbins Rd.  
Boise, ID 83702  
345-9921

Kuna Senior Center  
Mon, Wed, Fri  
299 Avenue B  
Kuna, ID 83634  
922-9714

Meridian Senior Center  
Mon thru Fri  
133 Broadway  
Meridian, ID 83642  
888-5555

Samaritan Village Apts.  
Mon thru Fri  
3350 Collister  
Boise, ID 83703  
343-9504

Northgate Senior Village  
Mon thru Fri  
5901 Ellens Ferry Way  
Boise, ID 83703  
853-8448

Eagle Senior Center  
Tues & Thurs  
312 E. State St.  
Eagle, ID 83616  
939-0475

## Volunteer Spotlight

**Kathy  
Vashro**

Kathy Vashro isn't your typical Meals on Wheels volunteer. Patrons along her route are sometimes surprised to see she's delivering meals on her bicycle, but they shouldn't be. A few delivery route miles are nothing compared to the miles she logged this spring as part of a cross-country bicycle tour from San Diego, CA to St. Augustine, FL.



Kathy joined 22 other women on a three-month, 3200-mile tour that raised money for the Breast Cancer Foundation. Along the way Kathy kept in touch with four elementary schools that were tracking her progress.

Once back in Boise, Kathy started delivering Meals on Wheels again, as she's done for three years.

"I like seeing the same people over and over again." Says Kathy. "I'd miss them if I ever quit the program."

The idea for using her bicycle to deliver the meals comes from a family tradition of being active. Kathy takes inspiration from her grandfather, who was still riding his bike and golfing until he died at the age of 97.

## Medicare Prescription Drugs Benefit

Medicare is an important health insurance program for people age 65 or over, people under age 65 with certain disabilities, and people of all ages with End-Stage Renal Disease. If you fit into any of these categories you need to know and understand what the new Medicare prescription drug coverage is all about:

- Starting in 2006, Medicare will offer drug coverage that helps people with Medicare pay for the prescriptions they need.
- Medicare prescription drug coverage is available to all people with Medicare.
- There is extra help for those who need it most.
- Medicare prescription drug coverage pays for brand name and generic drugs.
- You can choose between at least two Medicare prescription drug plans and pick a plan that is right for you.

To learn more go online to [www.medicare.gov](http://www.medicare.gov) or call 1-800-MEDICARE, 24 hours a day, seven days a week.

## A Profile of Older Americans

- The older population (65+) numbered 35.9 million in 2003, an increase of 3.1 million or 9.5% since 1993.
- About one in every eight, or 12.4 percent, of the population is an older American.
- Persons reaching age 65 have an average life expectancy of an additional 18.2 years (19.5 years for females and 16.6 years for males).
- Older women outnumber older men at 21.0 million older women to 14.9 million older men.
- In 2003, 17.6% of persons 65+ were minorities.
- Older men were much more likely to be married than older women—71% of men vs. 41% of women. Almost half of all older women in 2003 were widows (43%).
- About 31 percent (10.5 million) of non-institutionalized older persons live alone (7.8 million women, 2.7 million men).
- Half of older women age 75+ live alone.
- About 416,000 grandparents aged 65 or more had the primary responsibility for their grandchildren who lived with them.
- By the year 2030, the older population will more than double to 71.5 million.
- The 85+ population is projected to increase from 4.7 million in 2003 to 9.6 million in 2030.
- The median income of older persons in 2003 was \$20,363 for males and \$11,845 for females.
- For one-third of Americans over 65, Social Security benefits constitute 90% of their income.
- About 3.6 million elderly persons (10.2%) were below the poverty level in 2003. Another 2.3 million or 6.7% of the elderly were classified as “near-poor” (income between the poverty level and 125% of this level).



*\*Principal sources of data for the Profile are the U.S. Bureau of the Census, the National Center on Health Statistics, and the Bureau of Labor Statistics. The Profile incorporates the latest data available but not all items are updated on an annual basis.*

## Recipient Spotlight

### Nina Freeborg



Nina is originally from West Virginia. She has been on the Meals-on-Wheels program for two years. When asked what she likes most about the program, she stated her delivery drivers and the delicious cookies! Nina has one son and three grandchildren. Her son works for Idaho Power. Nina has lived in Meridian for the last 40 some years. She loves to putter around in her yard, bake, and go for long rides.

#### Meals-on-Wheels Program Board of Directors

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## 2005 Meals on Wheels Charity Golf Tournament Hole Sponsors

- Carl's Jr.
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- Performance Planning Partners
- Ha'Penny Bridge Irish Pub and Grill
- Albertson's
- Healthquest Chiropractic
- Swire Coca-Cola
- DBSI Realty
- CM Company, Inc.
- Idaho Power Company
- Muguira Construction
- Larry R. Knopp Architects
- America Home Mortgage
- TLC Home Care
- CSHQA
- Total System Services, Inc.

Thank You

## Monetary Donations

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